



Dear Coaches/Players

Please find attached the Hajime-Matte Model and posters as utilised and developed by the ENGLAND PROGRAMME.

The Hajime-Matte Model has been designed to highlight where the Fundamental Judo Technical Skills 'fit' within contest Judo and provide a structure to 'Build the Fight'

### **FUNDAMENTAL SKILLS PROGRAMME**

As you will be aware, British Judo, as directed by the Head Coach – Patrick Roux, is implementing the Fundamental Judo Technical Skills (FJTS) programme within the ExCell and England Core Programme.

The FJTS programme is a 'Principle' based system and is designed to develop the core foundation skills of an Elite Judoka.

### **HAJIME-MATTE MODEL**

Within a 5 min contest, research shows there are 12 Hajime-Matte segments, plus or minus 2. The aim is to 'win' each of the Hajime-Matte segments.

The Hajime-Matte Model, utilising the Fundamental Judo Technical Skills, provides a logical structure to 'BUILD THE FIGHT'.

The Hajime Matte Model has been broken down into 6 Phases:

- Phase 1 : Mobility
- Phase 2 : Kumikata
- Phase 3 : Preparation
- Phase 4 : Nagewaza
- Phase 5 : Transition
- Phase 6 : Newaza

The Fundamental Judo Skills programme underpins each of the Phases and provides a clear understanding of where the FJTS 'fits' within Contest Judo.

Additionally, the Hajime-Matte Model provides clear understanding of the Judoka's strengths and weaknesses and makes it easier to identify and communicate where an area of development is in need of development.

**EXAMPLE 1: Judoka has excellent throwing ability, but rarely scores in competition**

It will be clear to the coach that the player has good Nage-waza skills, but in competition, fails to score. Possible area of development will be Phase 3: Preparation. If the player only continues to practice Nage-waza and doesn't address the Preparation Phase of their Tokui-waza, it is unlikely the player will improve their Nage-waza scoring record

**EXAMPLE 2: Judoka fails to take control of the contest**

Phase 2 of the model is possibly the most crucial phase in 'Building the Fight'. If the player fails to 'Win the Grip Fight' then they will always fail to have control of the contest. No matter how much they continue to develop their Nage-waza and Ne-waza skills, the inability to dominate the Kumi-kata phase will always mean they are second best in the contest. Phase 2 would be a priority area of development.

The ENGLAND PROGRAMME will be utilising the Hajime Matte Model at all National Squad training sessions and when identifying and providing feedback to players at International Competition.